**HealthPro Surgery**
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PATIENT GUIDE
Aga Khan Hospital Mombasa
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AFTER YOUR OPERATION

# Recovery after hernia repair

Most people recover well from hernia surgery and return to normal life within a few weeks. This sheet explains what to expect, how to look after yourself, and when to seek help.

**Date of surgery:** _____ **Follow-up date:** _____

## Your recovery, step by step

| | |
|---|---|
| **Day of surgery** | **Going home**<br>• Most patients go home the same day or the next day. Walk gently as soon as you feel able; it reduces the risk of clots. |
| **First week** | **Soreness settles**<br>• Expect soreness, some swelling and bruising. Take pain relief regularly. Short walks several times a day. |
| **1–2 weeks** | **Light work and driving**<br>• Most people return to desk work, and drive once they can move freely and do an emergency stop without pain. |
| **4–6 weeks** | **Heavier activity**<br>• Gradually return to heavy lifting, manual work and sport, as advised for your type of repair. |

## Looking after yourself

### Pain relief

Take painkillers regularly for the first few days. Press a cushion over the wound when coughing or getting up.

### Wound care

Keep the dressing clean and dry. Follow your discharge instructions for showering; no soaking or swimming until healed.

### Avoid constipation

Drink plenty of water and eat fruit, vegetables and fibre. Ask for a mild laxative if needed.

### Lift carefully

Walking is good from day one. Avoid heavy lifting and straining early on; bend at the knees.

### Protect the repair

Stopping smoking, a healthy weight and treating a chronic cough reduce the risk of recurrence.

## Contact us or go to A&E if you have

- Fever, or redness, heat or pus from the wound
- Pain that is severe or getting worse rather than better
- Being unable to pass urine
- Persistent vomiting or a swollen, hard abdomen
- A rapidly increasing swelling at the operation site
- Calf pain or swelling, chest pain or breathlessness

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*General guidance only. Always follow the specific instructions given to you by our team.*
*hernia-repair-recovery · October 2026*

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